

A close-up photograph of a white plate containing a large piece of grilled fish, likely salmon, with a golden-brown crust. Surrounding the fish are various grilled vegetables, including zucchini and tomatoes. A silver fork is positioned vertically over the fish, and a silver knife is placed diagonally across the top left of the plate. The entire image is framed by a thin green border.

ДЯ.DIET

Menu

DY.DIET

Don't eat less, eat Right

📍 Mazzeh - Uptown

☎ 0997 920 789



SALADS



Salads

You can make your own salad

(Protein - Carb - Veg - Sauce)

California Rice 35g Protein - 473 Cal

Rocca - Tomato - Rice - Corn - Avocado - Beans with 100 grams chicken - Coriander sauce

Mexican Bowl 33g Protein - 434 Cal

Cherry Tomato - Red Peppers - Cucumber with Beans - White Beans - Mushrooms - Corn - Quinoa - 100 Grams Chicken with spicy cashew sauce

Tuna Twist 27g Protein - 233 Cal

Lettuce - Green Peppers - 100 grams Tuna - Carrot - Avocado slice with lemon sauce

Steak Salad 28g Protein - 265 Cal

Rocca - Lettuce - Cabbage - Cucumber - Cherry Tomato - 100 Grams Beef with honey mustard sauce

Cesar Salad 35g Protein - 380 Cal

Lettuce - Cherry Tomatoes - Corn - Bread - Crumbs with 100 Grams Chicken with diet mayonnaise or honey mustard

Freekeh Bowl 9g Protein - 252 Cal

Rocca - Freekeh - Pomegranate - Red Pepper - Corn with Lemon and oil sauce

Halloumi 23g Protein - 380 Cal

Rocca - Beetroot - Pasta - Pumpkin seeds - 70 grams halloumi with lemon and oil sauce

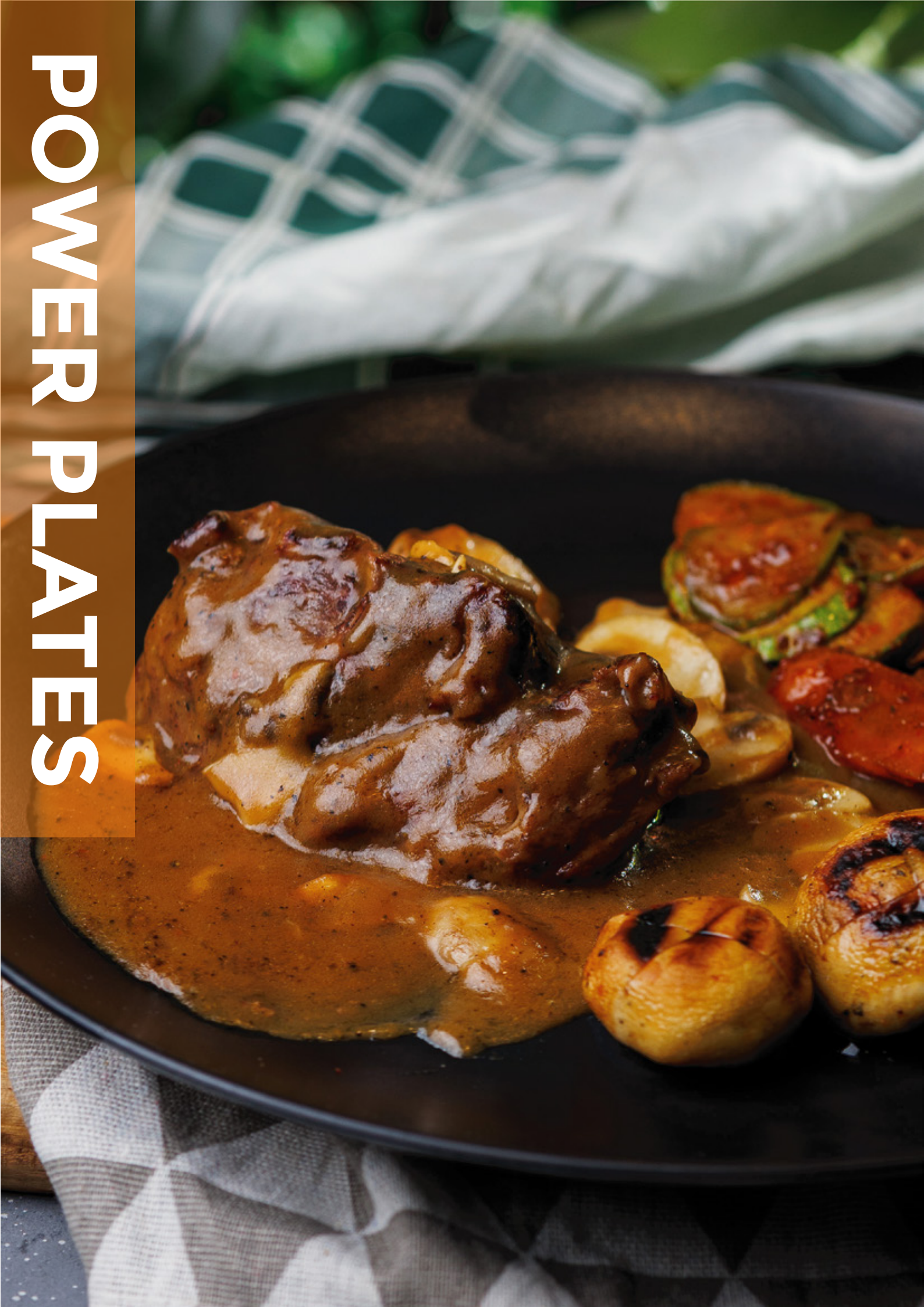
Dr. Diet 43g Protein - 380 Cal

Lettuce - Eggs - Pasta - Tomato - Cucumber - 100 grams of chicken with honey garlic sauce

Crab 4g Protein - 120 Cal

Lettuce - Carrots - Cucumber - Corn with mayonnaise sauce

POWER PLATES



Power Plates

Chicken

Dr. Diet 48g Protein, 350 Cal
Sauteed vegetables

Mushroom 49g Protein, 435 Cal

Balsamic 47g Protein, 300 Cal
Zucchini, Pepper, Carrot

Cashew 52g Protein, 500 Cal
Carrot, Zucchini, Pepper with special sauce

Herbs 48g Protein, 300 Cal

Spinach 48g Protein, 280 Cal
Mushroom, Onion with sauce oil and lemon

Curry 48g Protein, 280 Cal
Mushroom, Onion

Napoli 48g Protein, 350 Cal
Chicken with special sauce

Picata 47g Protein, 256 Cal
Mushroom with lemon sauce

Chinese 48g Protein, 321 Cal
Cabbage, Carrot, Zucchini

Mexican 48g Protein, 380 Cal
Pepper, Mushroom, Onion

Shish 43g Protein, 270 Cal
Grilled Tomato, Grilled Pepper with special sauce

Meat

Mushroom 47g Protein, 320 Cal

Tenderloin 280 Cal
Sauteed vegetables with mushroom
or poivre sauce

Fajita 266 Cal
Red and green pepper, Onion and
corn with soya sauce

Piccata 250 Cal
Mushroom with lemon sauce

Fish

Napolitana 24g Protein, 315 Cal
Hamour, Pasta with special sauce

Shrimps 24g Protein, 150 Cal
Rice with lemon sauce

Fish Meal 18g Protein, 86 Cal

Choose your carb
(Rice - Pasta - Potato)

SANDWICHES



Sandwiches

7 Seeds Baguette

Steak Sandwiches 35g Protein, 435 Cal

Basic steak sandwich : beef with red pepper and mushrooms and onion soy sauce and guacamole

fajita Sandwich 40g Protein, 400 Cal

Seven seeds baguette with chicken and green pepper and onion and mushrooms with mozzarella

Pesto Sandwich 40g Protein - 435 Cal

Chicken - Guacamole - Pesto sauce - Mozzarella

Tuna Sandwich 35g Protein - 400 Cal

Tuna with seven seeds baguette - Guacamole - Honey mustard sauce

Turkey 20g Protein - 320 Cal

Avocado - Tomato - Mozzarella

Halloumi Sandwich 26g Protein - 407 Cal

Rocca - Tomatoes with Pesto sauce

Cesar Sandwich 38g Protein - 424 Cal

100 grams chicken - Corn - Tomatoes - Lettuce with diet mayonnais sauce

Tortilla Bread

Mexican Wrap 41g Protein - 405 Cal

Chicken with red and green peppers and onion - mozzarella - mushroom

Beef Shawarma 32g Protein - 373 Cal

Beef - Onion - Tahini sauce with tortillas bread

California Wrap 33g Protein - 430 Cal

Green tortillas with rocca and 50 grams chicken corn with cherry tomatoes with pesto sauce

BREAKFAST



Breakfast

Omlette 220 Cal

(Mushroom or Turkey or Thyme)

W Wrap 225 Cal

Feta cheese, Rocca, Tomato

Pesto Mozzarella 230 Cal

Onion - Rocca - Tomato

Club 365 Cal

Eggs, Avocado, Turkey, Tomato

Shakshuka 296 Cal

Fried Eggs, Toast, Sauce

Toasted

Labneh 17g Protein - 249 Cal

(Veg or Thyme or Granola or Special)

Olive Tapenade 8g Protein - 287 Cal

Special Turkey 15g Protein - 295 Cal

Avocado - Cucumber - Lemon

Peanut Butter 10g Protein - 340 Cal

Tuna 38g Protein - 490 Cal

Avocado 14g Protein - 253 Cal

(Egg or Turkey)

Feta 12g Protein - 287 Cal

Olive - Tomato - Arugula

Chocolate 5g Protein - 300 Cal

JUICES & SMOOTHIES



Juices

Yellow 238 Cal

(Avocado - Apple - Orange)

Apple 144 Cal

Green 153 Cal

Spinach - Cucumber - Apple - Orange
- Ginger

Pink 133 Cal

(Strawberry - Apple - Orange)

Red 147 Cal

(Beetroot - Apple - Orange)

Orange 188 Cal

Smoothie

Diettella 343 Cal

Low-Fat milk banana - Chocolate

Mango Boost 162 Cal

Low-fat milk - Mango - Honey - Banana

Energy 169 Cal

Low-Fat milk - Peanut butter - cacao

Radiance 317 Cal

Low-Fat milk - Honey - Avocado - Banana

Strawberry 164 Cal

Low-Fat milk - Strawberry - Honey
- Banana

Protein Shake

Chocolate or Vanilla

SMART SNACKS



Smart Snacks

Bites

Orange - Lemon - Chocolate - Coconut - Peanut Butter - Protein

Donutes

Oatmeal Cookies

Brownies

Oat

Pick and Choose :

Fruit : Banana - Apple - Strawberries -

Topping : Raisins - Chocolate chips - Chia seeds - Flax seeds

Nuts : Cashew - Almond - Peanut and Pistachios

With low fat milk

New in Dr. Diet

The Detox 500 ml

Topping:

Ginger - Cucumber - Lemon - Mint and Cinnamon

Fruits Salad